

**Boxing & Physical Fitness Center**  
**Class Schedule**

302 S. 10<sup>th</sup> Street, Wilmington

**Basic Aerobics**

Monday through Thursday 1:10pm

*Instructor: Johnnie Mae Drayton*

**Yogalates**

Monday and Tuesday 12 pm

Thursdays 6:30 am

*Instructor: Jamie Annette*

**Open Training**

Mondays, Wednesdays and Fridays

12 pm and 6 pm

*Instructor: Staff*

**Step by Step Body Jam**

Wednesday through Friday 7pm

*Instructor: John Hollywood*

For more information, call 341-7872